

F. No. 36(2)(1)/2024/DSW/ 661

Dated: 24 October 2025

Notice

Subject: Schedule and Instructions for participation in the 20th GGSIPU Inter-Collegiate Powerlifting and Best Physique Championships

The 20th GGSIPU Inter-Collegiate Powerlifting and Best Physique Championships are scheduled to be held as per the following schedule:

S. No.	Name of Sport	Venue	Competition Date & Timing	Reporting Time	Body Weight Timing
1	Powerlifting (Men & Women)	Squash Court	29 th to 30 th October at 12:00 hrs.	08:00 AM	09:00 AM to 10:00 AM
2	Best Physique (Men & Women)	Silver Jubilee Auditorium	31 st October at 13:00 hrs.	10:00 AM	11:00 AM to 12:00 Noon

Instructions:

1. All teams/participants must submit the Eligibility Proforma (Annexure-2), duly filled and signed by the Principal/Director, along with a photocopy of the identity card of all players, at the venue at least one hour before the scheduled time of their match. All columns of the Eligibility Proforma must be properly filled, and no team will be allowed to participate without the Eligibility Proforma under any circumstances.
2. All participants must produce their original College/Institute Identity Card at the time of registration/competition or whenever required by the officials.

Rules:

1. Best Physique participants must compulsorily report in proper Bodybuilding kit.
2. All participants must report for body weight as per the notified schedule. No participant will be allowed for weigh-in after the scheduled time.
3. Each institute may field a maximum of one participant per weight category.
4. Powerlifting (Men's Weight): 59kg, 66kg, 74kg, 83kg, 93kg, 105kg, 120kg, Above 120kg
5. Powerlifting (Women's Weights): 47kg, 52kg, 57kg, 63kg, 69kg, 76kg, 84kg, Above 84kg
6. Best Physique (Men's Weight Categories): Upto 60kg, Over 60kg upto 65kg, Over 65kg upto 70kg, Over 70kg upto 75kg, Over 75kg upto 80kg, Over 80kg upto 85kg, Over 85kg upto 90kg, Over 90kg
7. Best Physique (Women's Weight Categories): Will be decided according to number of participants.
8. The Referee/Umpire's decision shall be final and binding on all participants.
9. All participating players and team officials must adhere to the Rules and Regulations notified vide Notice F. No. 36(2)(1)/2024/DSW dated 29.09.2025.


(Prof. Manpreet Kaur Kang)
Director, Students' Welfare

Copy to:

1. All Deans/Directors (USS/Centre) & Directors/Principals of affiliated institutes, GGSIPU
2. Director, UITS – with request to upload the notice on the university website.
3. Deputy Registrar (Security), GGSIPU
4. Medical Officer – with a request for necessary arrangements of First Aid, Ambulance
5. Assistant Registrar to Vice Chancellor – for kind information of the Hon'ble Vice Chancellor
6. Assistant Registrar to Registrar – for kind information of the Worthy Registrar
7. University Coach
8. Guard file


(Mahesh Kumar Hooda)
Sports Officer



Directorate of Students' Welfare

Guru Gobind Singh Indraprastha University

(A State University established by the Government of NCT of Delhi)

Sector 16-C, Dwarka, New Delhi 110078

E-mail: sports@ipu.ac.in



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Eligibility Proforma for 20th Annual Sports Meet

Name of the Sport:

Section: Men/Women

Name of the Manager/Coach:

Name of the Institute:

Contact No. Manager/Coach

ACADEMIC YEAR: 2025-26

S. No.	Full Name of Student	Enrollment No.	Programme in which studying	Date of Birth	Present Semester	Mobile No
	1	2	3	4	5	6
1.						
2.						
3.						
4.						
5.						
6.						
7.						
8.						
9.						
10.						

If the number of participants is more than 10, then use a copy of this form.

Certified that the above particulars are true as per records of the College / Institute

Date: _____ Seal of College / Institute _____ Signature of the Director / Principal _____